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U.S. DEPARTMENT OF AGRICULTURE

The Right Food Helps Keep You Fit

A broadcast by Miss Ruth Van Deman, Bureau of Home Economics and Mr. Wallace Kadderly, Office of Information, broadcast Tuesday, January 14, 1941, in the Department of Agriculture period of the National Farm and Home Hour, by the National Broadcasting Company and a network of 87 associate stations.

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WALLACE KADDERLY:

And now Ruth Van Deman with more news from the Bureau of Home Economics ---- news especially for the homemakers in our Farm and Home Hour circle.

RUTH VAN DEMAN:

Sorry to differ with you this time, Wallace. But the news today is for everybody-----men, women, children,-----everybody who eats.

KADDERLY:

Everybody who eats-----that is everybody. On with the headlines.

VAN DEMAN:

"Eat the right food to help keep you fit."

And incase you'd like to see how headline looks in print, here it is our very latest leaflet.

KADDERLY:

Your latest did you say? I'd like to add that it's your prettiest, too. That shade of blue on the cover is the color of a mountain lake-----with a picture like that in mind, you don't have to persuade me to eat the right food.

VAN DEMAN:

Unfold the folder. You'll find more headlines.-----ones to tell you how the right food helps to keep you fit.

KADDERLY:

Where---which page?

VAN DEMAN:

There, under your thumb---the five heads with the dots in front to make them stand out.

KADDERLY:

So a fellow like me can't miss them---and the type's clear and easy to read--shall I read?

VAN DEMAN:

Pray do.

KADDERLY:

"The right food---Builds and repairs the body. Keeps it in good running order.

(over)

VAN DEMAN:

"Gives you energy for work and play---Helps prolong the prime of life.-----

KADDERLY:

"Is the basis for good health."

VAN DEMAN:

Now look at the left-hand page. There's a check list of foods we need every day---the headline says-----"Try to include in your meals every day."

KADDERLY:

And at the top of the list is MILK, I see.

VAN DEMAN:

Yes, milk. Milk for the growing child---three fourths of a quart to a whole quart. And milk for the expectant or nursing mother, a full quart. For other grown ups in the family, a pint or more.

KADDERLY:

I'm generally on the more side of a quart, myself.

VAN DEMAN:

Good. The nutrition experts will give you a silver star.

Then below milk, I think you'll find vegetables.

KADDERLY:

Leafy, green, or yellow vegetables---one or more servings.

VAN DEMAN:

And next, tomatoes, oranges, grapefruit.

KADDERLY:

Or any raw fruit or vegetable rich in vitamin C----- one or more servings.

VAN DEMAN:

And then potatoes or other vegetables, or fruits, 2 or more servings. And so on down through the other groups of food in a well-balanced diet-----eggs, meat, poultry, fish-----cereals, bread, fats, and sweets.

KADDERLY:

I see here at the very bottom is water.--6 or more glasses.

VAN DEMAN:

Yes, water and plenty of it, is part of the day's diet.

Now, Wallace, if you'll open the folder clear out, flat-----

KADDERLY:

Very nice--- a why or a how about each of the foods on the daily guide.

VAN DEMAN:

And my, oh my. It certainly was hard for the nutrition experts to boil the story down to this very condensed form.

KADDERLY:

I can imagine. But speaking for the layman, the more stream-lined a daily food guide is when it comes to us, the more likely we are to put it into practice.

VAN DEMAN:

Right in line with that remark Wallace, I have here a letter that just came from a listener who heard us talking last week about food budgets. I'm going to read part of her letter because it shows such a thorough understanding of the tie-up between food and health and the ability to do good work.

This is the letter:

"I find there is not enough importance placed on the fact men should have a wholesome breakfast to start their day. With a gnawing, hungry feeling, how can they do good work and retain their health?

"Recently I came to visit my son, who is a cadet in aviation. He and two other boys were baching. They would get up the last minute, grab a glass of milk and away. I ask you--to fly--is that sufficient food? Now I am here, for breakfast the son has fruit, cereal, milk. Sometimes I cook a couple of eggs, but there is no monotony in his food. I vary the cereals, cooked and dry. Also vary the fruits.

"It is surprising the difference in his disposition. He seemed irritable, never a minute to rest except when he had to go to bed. Now he has calmed to a sensible gait of going and coming, eats three meals a day.

"I realize meals, rest, and sensible gait in life are most important to Uncle Sam these days. We need our man power very much.

"I have been a dietitian, just a practical one, all my life and I know the reaction of boys. Good food is all important. 'Three meals a day' is the only right program."

KADDERLY:

Amen to that! And I'd say that the boy is lucky to have such a wise mother.

VAN DEMAN:

To aid and abet her in the good work, I'm sending her the new blue-and-white folder.

KADDERLY:

It's light enough even for an aviator to stick in the pocket of his flying suit and carry right along with him.

VAN DEMAN:

So that if he lands at another field he'll be able to choose the right kind of a dinner.-----Well, our imagination hadn't flown quite that far, Wallace, but that's a good suggestion.

And though I haven't said it in so many words, of course this daily food guide is based on thorough-going nutrition research.

KADDERLY:

Puts into terms of food as served on the table, what the experts know about vitamins, and minerals, and calories, and so on.

VAN DEMAN:

Exactly. Wallace, I'm interested that you put the vitamins and minerals before the calories.

KADDERLY:

Was that wrong?

VAN DEMAN:

No. It was absolutely right. Putting vitamins, minerals, efficient proteins first puts the emphasis on the protective foods. If a diet has the right quantities of protective foods the calories will take care of themselves.

KADDERLY:

Now let me see. I want to be sure I know what protective foods are.

VAN DEMAN:

Milk and dairy products-----green, leafy and yellow vegetables.-----

KADDERLY:

Tomatoes, citrus fruits, and other fruits and vegetables rich in vitamin C, I'm sure of that.

VAN DEMAN:

Right. And eggs-----lean meat-----whole-grain cereals. Those are the foods that keep the body from suffering from "hidden hungers."

KADDERLY:

Or to put it in a positive way, the foods that give the body what it needs to keep it well nourished.

VAN DEMAN:

That's the idea-----Dr. Stiebeling, who's making a very careful analysis of what families are eating and how their diets check against the standards for good nutrition, says that as a nation we need to eat a great many more protective foods. We'd do well to double our use of dairy products she says. And we should eat anywhere from 25 to 70 percent more tomatoes and citrus fruit.

KADDERLY:

25 to 70 per cent? That's quite a spread--

VAN DEMAN:

That's because of the spread in food habits among different families and in different parts of the country.

And on leafy, green, and yellow vegetables-----if we ate twice as many as we do now we'd be better fed, she believes.

KADDERLY:

Now Ruth, returning to this new folder "Eat the right food to help keep you fit", I'd like to suggest to our listeners that if any of them want this new folder all they need to do is send a request through the air or over the rails to the Bureau of Home Economics, Washington, D. C.

VAN DEMAN:

Yes, we have free copies for individuals and families or the chairman of a group. We're getting a great many letters from parent-teacher associations-----women's clubs-----schools-----food clinics-----asking for this kind of a brief daily food guide to use in their community nutrition programs, as part of our whole national program for defense.

KADDERLY:

I should think this leaflet would serve that purpose admirably.-----and thank you, Ruth, for bringing us this headliner of the day. We'll see you again next Tuesday.

And now Farm and Home friends, I'll just repeat the offer of this new leaflet from the Bureau of Home Economics mentioned by Ruth Van Deman.-----ad lib.

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